

NLP



THE LIFE CHANGING REPORT

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Neuro- Linguistic Programming (NLP) Will Help You Conquer Your Fears, Excel at Work and Change Your Life

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In this report and at NLPsuccessToday.com I'm going to reveal to you strategies that will help transform your life easily, quickly and forever...

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<u>Contents</u>	<u>Page</u>
1. Who Can Benefit From NLP?	6
2. Background to NLP	8
A biography on John Grinder- NLP co-founder	8
Free NLP Tips to achieve personal success	10
Improve your personal skills with Neuro Linguistic Programming	12
Learn NLP for personal achievement	14
Make your relationships better by using NLP Techniques	16
Get your message across as intended	17
A guide to personal improvement	18
NLP -- An effective model to transform dreams into reality	20
NLP -- Is it a science or an art?	22
NLP -- A brain's relationship with language and behaviour	23
NLP – A science or art being practiced increasingly	25
NLP and miraculous survivals	26
How to improve personal performance	27
NLP Audios -- An option to understand NLP	28
NLP Certification helps you practice this science (or art).....	29

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<u>Contents</u>	<u>Page</u>
NLPsuccessToday.com answering needs of Urgency	30
NLP Tools -- Ways to self- improvisation	31
Some more things you need to know about NLP	32
3. Neuro- Linguistic Programming Methods....	33
4. Building Rapport, Including For Improved Sales	35
5. Handling Criticism Successfully	36
6. Steps to Curing Phobias and Traumas	38
Summary.....	40

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1. Who Can Benefit From NLP?

The numbers of people who are benefiting from NLP are quickly increasing as more and more people start to understand that NLP can be applied to a huge variety of situations in life. Just some of the individuals who can benefit from NLP include:

- Anyone who interacts with other people (in other words, everyone!)
- Anyone who wants to eradicate unwanted habits such as addiction, drinking, smoking, over-eating, etc.
- Anyone who wants to learn and truly master the art of persuasion
- Anyone who has the desire to dramatically improve their ability to connect and interact with others
- Anyone who is searching for a way to accomplish personal growth
- Anyone who wants their past to no longer hold them back from achieving their goals
- Anyone who wants to be the best they can be
- And anyone who wants to get far more out of life

So as you can see, there is a wide and varied range of situations in which you'll benefit from NLP. And it's a fact that the people who commonly benefit from NLP actually do come from a diverse variety of different backgrounds and interests, including:

- **Parents.** Those who harness the benefits of NLP are often able to feel more comfortable and at ease in modelling the behaviors that they would like their children to copy.

Additionally they are likely to feel more comfortable interacting with their children and in developing (and demonstrating) practical skills that will help their children with problems at school and any learning and social difficulties.

- **Educators and Trainers.** Anyone in the education or training field who wants to understand more about the strategies that truly help people to learn in a more effective manner can benefit from the use of NLP.

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- Students. Regardless of what stage you're at in your education, NLP is for you if you're interested in learning how to integrate new methods for effectively handling the pressures of the learning environment, as well as learning how to benefit from the learning process in a more direct manner.
- Mental Health Professionals. Mental health professionals can make use of NLP in order to learn how to provide themselves with better care while also giving their clients new and improved insights and skills.
- Medical practitioners. By using NLP, medical practitioners can discover how they can establish a better rapport with their patients while also gaining an insight into the part that beliefs can play in the patient's health.
- Managers and Business people. NLP can be utilised to improve communication skills while also building teams that are stronger and more resourceful.
- Salespeople. Salespeople will gain the ability to build rapport with clients and prospects in a more effective way by understanding the needs and expectations of the clients.

They will also learn how to position their product or service in order to meet the desires of the clients as well.

- Entertainers and Athletes. Anyone involved in the entertainment field or athletics can gain from NLP by learning how to improve their focus upon their desired goals, making use of their inner resources and identifying the strategies that will not support the goals they wish to achieve.

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2. Background to NLP...

A biography on John Grinder- NLP co-founder

John Grinder is the co-founder of Neuro Linguistic Programming with Dr. Richard Bandler. He is a graduate in psychology from the University of San Francisco. He served in the US military and also the US intelligence agency. Then in the late 1960s John Grinder received a Ph D in Linguistics from the University of California in San Diego.

John Grinder distinguished in the field of linguistics; especially in the area of syntax. He was later appointed as a professor of linguistics in the newly founded University of California in Santa Cruz. He has many books to his credit and some of his exceptional work can be seen in books like *On Deletion Phenomena in English* (1972) and *Guide to Transformational Grammar* (1973) among various other articles.

Grinder proceeded to develop a new field called Neuro Linguistic Programming along with Richard Bandler, who was then a student of psychology. It began when Bandler invited Grinder to participate in his therapy groups. Grinder was fascinated by the ways in which the therapists used their linguistic patterns to give effective results on their patients.

This lead John Grinder and Richard Bandler to come up with the Neuro Linguistic Programming model. This was derived from the theory of transformational grammar and the language patterns used by effective therapists like Virginia Satir, Fritz Perls and hypnotherapist Milton H. Erickson.

The model of NLP was developed more by using various books published by these therapists which became a foundation of Neuro Linguistic Programming. John Grinder has co-founded many other books on NLP and its techniques and applications.

People from all over the world have greatly benefited from the NLP techniques in improving self-confidence which has lead them to successful personal and professional achievements. The NLP model came as a boon to many people who lacked certain qualities that are required to be successful in this competitive world.

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John Grinder along with Richard Bandler have created a relatively unique technique to make your mind work into positive things and achieve what's best for you. NLP teaches you techniques on self-improvisation and also helps you gauge the personality of the people around you. It's important that one has his or her thoughts, feelings, words and behavior in perfect coordination to give out the required results.

Once your thoughts, words and actions are in alignment you'll be in a better position to get your message across to your audience in an effective way and most importantly in the clear way you intended it to be.

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Free NLP Tips to achieve personal success

NLP techniques are becoming more and more popular in improving personal and professional relationships. Our success depends a lot on how good we are with people and how we handle challenges we face in any given circumstance. Whatever the case, we all need to deal with people; whether it is in our personal or professional life.

There are many NLP techniques that will help you improve on pretty much everything. But the main criterion is to follow them carefully and only then will you be able to put them into practice and get success from them. Some NLP techniques for instance help employees excel in their careers.

These techniques are a great way to boost an employee's morale and help them achieve the excellence and position that they deserve. Free NLP tips are given by trained professional in Neuro Linguistic Programming or from online courses. They can have quite a lot of experience in teaching the NLP techniques to their students or trainees.

If you have the opportunity to attend one of the free NLP training sessions or use an online course then you should make the most of it as it is one of the best ways to learn techniques to improve your career and achieve personal and professional excellence.

You can get all the free NLP tips you need by going through numerous e-books on NLP online but the only way you can implement them is by interacting with others.

Free NLP tips work well if you have had some hands on experience in attending a NLP workshop, NLP Practitioner Programme or have used online NLP courses. But if you minutely follow the descriptions given then you can definitely bring about changes in the way you interact with people which will help you climb the ladder of success.

There are many free NLP tips that you can take advantage of from numerous online sites. Some of the most popular NLP tips you'll learn are making your goals more realistic, learning to have good eye-contact, how to build instant rapport with the people around you, learning to view the same situation in different ways, NLP for children to excel in school and so on..

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By learning these techniques and more you'll change the way you look at things, giving you an upper hand in dealing with situations well and tactfully.

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Improve your personal skills with Neuro Linguistic Programming

In today's competitive world one can succeed in their career only if they are par excellence. This is true for any profession; whether you are a corporate executive or you are an independent professional. Unless you deliver extraordinary performance, you will remain in the same position, possibly where you first started years earlier.

So if you want to excel in your career and want to achieve personal advancements you should undertake Neuro Linguistic Programming. So you'll learn to organize your thoughts, feelings and behavior in a better way. You'll also learn to read the thoughts of successful players in your profession or organization!

Personal achievement is the key to success and this can only really be achieved by NLP. Put basically, it is a technology for personal achievement and it takes a little effort and training in understanding its modeling.

Our success depends partly on how we build our relationships with our subordinates, colleagues and other co-workers. The same applies to personal relationships as well. If we can communicate well with our peers and read their thoughts, then we have won half the battle! The most valued aspect in any organization or in personal relationships is people. If we give prime importance to people and their needs no one can stop us from having a successful relationship and career.

NLP is beneficial not only in building our careers but also helps us improve our personal lives. Obviously we have to deal with people wherever we go and if we manage to build a good rapport with people around us we automatically climb the first step in the ladder of success!

Human excellence and business excellence is the main motto of a NLP technique. This program has existed since the mid 70's. People have been actively taking part in learning the NLP techniques to excel in their career and personal lives.

Neuro Linguistic Programming works on the principles of practicality. It concentrates on the way your mind and brain works. Its essence is based on the belief that the brain works perfectly the way we have programmed it to work. That's why most of our actions are predictable.

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NLP helps us achieve excellence by changing our limited behavioral patterns. This helps us think in a broad perspective and gives us a different outlook on the large number of challenges we face in our personal and professional lives.

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Learn NLP for personal achievement

A genuine orator is the one who thinks, feels and says the same thing. Only then can they communicate exactly what they want. A person who is thinking one thing, believes in another thing and says something entirely different will never be able to communicate his or her message to others.

People may learn how to maintain a body posture and gesture while speaking to others. They may have the proper body language while speaking with others, but maybe that's just about all! If your thoughts are different than your feelings and beliefs, then regardless of what you say or how effectively you say it, you won't be able to communicate what you want to others. The thoughts, words and actions need to be channelized to make communication effective.

This is achieved by NLP which you can learn in various ways. You can either attend training sessions or you'll learn NLP by reading one or more e-books and by practicing the various NLP tips and techniques by interacting with others and observing their reactions. The last way to learn NLP is the best way as it gives you hands on experience on what you know.

When you've learned NLP you'll know how to interpret body language, gestures or even a look of another person. You can implement everything you'll learn in NLP sessions or e-books in your day to day life and see the difference in the way people perceive your thoughts, feelings and behavior.

You'll be amazed as to how a simple gesture can give you the exact meaning of what people are thinking. But not only that, you can collect a whole lot of information about other people just through your senses. You don't need to scan through people's profiles to know about them; you can just observe to get to know a great deal about them.

How do you think some people can read people's minds? That's because they know the NLP technique and know how to put it into practice. NLP is essentially your brain's relationship with your actions. You will behave in the way your brain transfers the information to you given by your five senses.

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It's a fact that when you learn NLP you will be able to build a better rapport with the people around you and that is exactly what you need to succeed in life; whether personally or professionally. So if you want to achieve success in your career or personal relationships; learn NLP and see the difference!

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Make your relationships better by using NLP techniques

How many times have you noticed a failure in your relationships; may it be marital, professional, personal or otherwise, just because of the way you communicate with the other person? This is a common issue with most of us today and it makes things even more difficult than they are already.

Learning the right way to put your words across is one of the things you'll easily learn from NLP techniques. NLP can help organize our thoughts, feelings, words and actions. Once these are well aligned, you can never go wrong and you are in a better position to influence people and built a rapport with them.

By learning the NLP techniques you can get on with the limitations in you and others and make life much simpler by understanding yourself, your feelings, behavior and actions better. This technique is beneficial in learning to do what others are doing well. For instance, you admire the success of your colleague and wonder how he or she has managed to be in the position they are in today. What is it that they do different to reach that status? With NLP techniques you'll know what it takes to be a winner!

Our nervous system makes it possible for us to understand what our five senses experience which results in an unconscious behavior. In short we act and react the way our nervous system transforms the messages received by the five senses for us. With NLP techniques you'll be able to understand the unconscious thinking that leads to your behavior.

NLP techniques are generally used for self-improvement and achieving excellence. But psychoanalysts trained in these techniques and other procedures also use them to get their patients out of traumatized mental states.

For instance, if a person blames themselves for the occurrence of a bad event in their lives which may have been an accident, then the psychoanalyst uses NLP techniques to make the person understand that it is not their fault that the event happened; it's something that was supposed to happen, as if it were fate.

These techniques help people to think reasonably and it puts them on the right track resulting in reasonable behavior. NLP techniques can be used to improve your quality of life, your relationships with others and also to give you a better understanding of self.

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Get your message across as intended

Even the greatest orator, presenter or writer may find it hard to convey their message across to their audience the way they wanted. It's not that they are not good at what they do or did not communicate the right words; either in speech or writing, to their listeners or readers. It's just that sometimes people cannot comprehend the correct meaning of your spoken or written words the way it is meant to be and end up having a different or even opposite perception of your communication.

This is not a deliberate act - it's just a genuine misunderstanding. So why does this happen? You'll get the answer when you look into NLP more as this study tells us why some thoughts do not pass the right or intended meaning from the transmitter to the receiver.

NLP shows us how different people have different ways of interpreting the same information, words or image and so on. For instance X is petrified of spiders as he was bitten by a spider when he was young. So the moment he sees a spider he senses fear. On the other hand Y loves spiders and even has one as his pet. He absolutely adores it.

Now both X and Y are looking at the same spider but X is frightened and Y is delighted. This is because their brain has transmitted the feeling of fear and excitement respectively. The processing of the information received by our sensory organs heavily depends on our experiences, opinions, value systems, biases and so on. So the thought process completely changes due to these factors from one person to another and as a result people have different ways of reacting or behaving when they see, hear or read the same image, information or content.

So even if a group of people have similar education, training, background and experience, they may still have varied behavioral patterns depending on how their brain perceives the information from the sensory organs and converts it to thinking patterns which finally results in a certain behavior.

When you experience some Neural Linguistic Programming studying or training you'll be in a better position to know just how people will react to your thoughts, words or content just by observing them closely. In this way you can build an excellent rapport with your audience which will eventually determine your success.

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